

Pathwork Lecture 144: The Process and Significance of Growing

1996 Edition, Original Given: June 10, 1966

This lecture is given in an **expanded poetic format**, what I call a **Devotional Format** of the lecture, and in that sense, this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry – that is, **devotionally**.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. ***I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to LIVE you.***

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>

Gary Vollbracht

¶	Content
03	<p data-bbox="375 898 678 968"><i>Greetings, my dearest friends.</i></p> <p data-bbox="375 1010 748 1079"><i>I usually start these sessions by giving a blessing.</i></p> <p data-bbox="375 1121 574 1190"><i>Now what does the word</i></p> <p data-bbox="493 1232 634 1268"><i>"blessing"</i></p> <p data-bbox="537 1310 630 1346"><i>mean?</i></p> <p data-bbox="375 1377 656 1446"><i>Let us consider its deepest meaning.</i></p> <p data-bbox="375 1488 976 1598"><i>Your ability to understand it today may be entirely different than before.</i></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted 3/18/21

04	<p><i>"Blessing"</i> means the vigorous total wish for good, coming from • the innermost self, from • the divine inner being, the wish for the good of the unitive principle [i.e., the GOOD of the UNITIVE PRINCIPLE, rather than the good (versus bad) of the dualistic principle], which holds that there are no • opposites and no • conflicts.</p> <p>When this unobstructed wish flows directly into the deepest regions of consciousness of another person, a vibrating energy force is created that affects that person's consciousness.</p>
05	<p>Whenever you hear, • directly or • indirectly, the word "blessing" from now on, it will be very helpful for you to remember that your response is necessary to make the blessing effective.</p>

• *Openness,*
• *willingness,*
and
• *complete inner cooperation*
are necessary
to enable
two forces to meet,
for a
one-sided blessing
is no blessing.

It [i.e., A one-sided blessing, when it is NOT received by the other with
openness, willingness, and complete INNER cooperation]
may be
intended
as a blessing,
but it reverberates
on a wall
either of
• *resistance and*
• *opposition*
or of
• *noncooperation and*
• *neutrality.*

06

Tonight's topic is

the process of
growing.

Since this lecture
is a continuation of the last one [See Lecture 143, Unity and Duality,
given May 13, 1966],

it might be difficult to understand
for those
who have not
• *heard or*
• *read*
the preceding lecture.

07

To recapitulate briefly [i.e., To recapitulate briefly Lecture 143-Unity and Duality]:

We were discussing the

- *unitive*
- and the*
- *dualistic*
- principles.*

Human

- *consciousness,*
 - *perception, and*
 - *experience*
- are generally geared to the*
- dualistic principle.*

This means that

everything is perceived in opposites –

- *good*
- or*
- *bad,*
- *desirable*
- or*
- *undesirable,*
- *life*
- or*
- *death.*

As long as humanity
lives in this dualism,

- *conflict*
- and*
- *unhappiness*
- must persist.*

- *Absolute,*
 - *universal,*
 - *cosmic*
- truth*

- *is always unified*
- and*
- *transcends opposites*
- in the realization that*
the belief in opposites
is illusion.

08

*Unification does
not
mean, however,
that the

good
of the dualistic either/or

is realized.*

*People who believe
this misconception [i.e., this misconception that the GOOD of
the dualistic "either GOOD or bad" is realized in unification]
follow an
erroneous path:*

*they hope to attain
one of the
illusory opposites
as the "salvation."*

*As long as one
• opposes
one side
and
• clings to
the other,

• self-realization or
• liberation –
that is,
• the unitive principle –

is unattainable.*

09

*The good
of the unitive principle
is of an
entirely different nature
than
the good
of dualism.*

	<p><i>The former [i.e., The GOOD of the UNITIVE principle]</i></p> <ul style="list-style-type: none"><i>• conciliates both sides [i.e., conciliates BOTH the “GOOD as opposed to and opposite of BAD” AND the “BAD as opposed to and opposite of GOOD” of DUALISM],</i> <p><i>while the latter [i.e., the GOOD of DUALISM]</i></p> <ul style="list-style-type: none"><i>• separates them [i.e., further separates the “GOOD” of DUALISM from its opposite, the “BAD” of DUALISM].</i> <p><i>This can be ascertained in any individual problem once it is thoroughly understood.</i></p> <p><i>This point is extremely important to understand, my friends.</i></p> <p><i>For when you</i></p> <ul style="list-style-type: none"><i>• seek</i> <p><i>one side of a pair of opposites, you must</i></p> <ul style="list-style-type: none"><i>• oppose</i> <p><i>the other side.</i></p> <p><i>In that opposition [i.e., In that OPPOSITION to the other side of a pair of opposites] your soul is</i></p> <ul style="list-style-type: none"><i>• agitated and</i><i>• fearful,</i> <p><i>and in that state [i.e., in that state of agitation and fear] you can never attain unity.</i></p>
10	<p><i>Let us apply this distinction [i.e., this distinction between unity and duality] to the growth process [i.e., to the growth process, the topic of this lecture].</i></p> <p><i>As long as human consciousness</i></p> <ul style="list-style-type: none"><i>• is geared to duality</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• cannot transcend it,</i> <p><i>the growth process is very problematic.</i></p>

Growth
is
movement in
• time
and
• space;
therefore,
growth
on the dualistic plane
automatically moves
toward
its opposite.

From the moment
you are born
you move toward
death.

From the moment
you
• unfold and
• grow
toward fulfillment,
the downward curve of destruction
begins.

From the moment
you
• strive for
any kind of happiness,
you must
• fear
its opposite.

[On the dualistic plane,]
In ever-changing rhythm,
the
• cyclic,
• eternal
movement of
growth
must inevitably
approach
its opposite.

*It [i.e., On the dualistic plane,
the cyclic, eternal movement of growth, in ever-changing rhythm]
moves
from
• life
to
• death
to
• life
and back [i.e., and back to death...];
from
• construction
to
• destruction
to
• construction.*

*• One
brings forth
• the other.*

11

*[On the DUALISTIC PLANE
It is exceedingly important
to understand this concept [i.e., to understand this concept
of the cyclic, eternal movement of growth, in ever-changing rhythm
moving, from life, to death, to life, ... on and on],
for it is one of the major reasons
you
resist growth.*

*It [i.e., This resistance to growth because of the rhythm of moving from life to death]
is a deep resistance,
beyond
the psychological quirks of neurosis.*

*This fundamental
opposition to growth
is still found even after
neuroses
have been
• transcended and
• dissolved.*

It [i.e., This concept of the cyclic, eternal movement of growth, in ever-changing rhythm, moving from life, to death, to life, ...on and on] explains why, as long as you perceive life in dualistic terms, you fear growth; for you fear that reaching a goal will bring on its destruction.

*You delude yourself by stemming against time, by "postponing"
• fulfillment
and thus also [i.e., and thus also "postponing"]
• the feared opposite.*

- *The status quo,*
- *stagnation [i.e., the stagnation of "postponing" the feared opposite of "good"], creates*
 - *agitation,**or*
 - *movement*
in the distorted sense.

12

As long as growth takes place on the dualistic plane, there is always

- *a peak*
to be reached,

and

- after that peak,*
 - *a descent.*

*And so [i.e., And so, since on the dualistic plane
a DESCENT always FOLLOWS a PEAK,]*

*all living things
on the dualistic plane
move in a
perpetual cycle
of*

- life*
- and*
- death,*

- construction*
- and*
- destruction,*

of

- being*
- and*
- becoming.*

*In nature,
the plant grows in*

- spring*

*toward
fruition in*

- summer.*

In the

- fall*

it slowly dies.

In the

- winter*

it is no more.

*[In the
winter]*

*Only its dormant life potential
slumbers in the soil,
waiting for
the seed to grow again in*

- spring.*

This is the growth process.

	<p><i>The joy during the upward curve can never be</i></p> <ul style="list-style-type: none">• <i>full and</i>• <i>carefree,</i>• <i>without anxiety,</i> <p><i>for even before the peak is reached, the downside will be anticipated.</i></p>
13	<p><i>On the unified plane of consciousness, because there are no more opposites to be feared, the dichotomy no longer exists.</i></p> <ul style="list-style-type: none">• <i>Self-realization always leads to the</i><ul style="list-style-type: none">• <i>experience and</i>• <i>perception of the</i><ul style="list-style-type: none">• <i>unitive state.</i> <p><i>Conversely,</i></p> <ul style="list-style-type: none">• <i>the unitive state cannot come about any other way than through</i><ul style="list-style-type: none">• <i>self-realization.</i>
14	<p><i>Self-realization means shedding the layers of error so that the</i></p> <ul style="list-style-type: none">• <i>real self,</i> <p><i>the</i></p> <ul style="list-style-type: none">• <i>divine,</i>• <i>eternal inner being, comes to the fore.</i>

	<p><i>You can shed these layers of [i.e., shed these layers covering the real self, these layers of]</i></p> <ul style="list-style-type: none"><i>• pain,</i><i>• error,</i><i>• confusion, and</i><i>• limitation</i> <p><i>only</i></p> <p><i>when you</i></p> <ul style="list-style-type: none"><i>• no longer run away from yourself;</i> <p><i>when you</i></p> <ul style="list-style-type: none"><i>• are willing to look at yourself</i> <p><i>as you</i></p> <ul style="list-style-type: none"><i>• really are</i> <p><i>instead of</i></p> <p><i>as you</i></p> <ul style="list-style-type: none"><i>• want to be;</i> <p><i>when you</i></p> <ul style="list-style-type: none"><i>• accept yourself</i> <p><i>in the moment,</i></p> <p><i>when you</i></p> <ul style="list-style-type: none"><i>• do not struggle against</i> <p><i>your temporary state,</i></p> <p><i>even though</i></p> <p><i>you understand its error.</i></p> <p><i>This is the work you are doing</i></p> <p><i>on this path [i.e., on this path in pathwork].</i></p>
15	<p><i>It is</i></p> <p><i>entirely erroneous</i></p> <p><i>to assume</i></p> <p><i>that</i></p> <p><i>unitive perception</i></p> <p><i>cannot occur</i></p> <p><i>on the earthly plane.</i></p> <p><i>It [i.e., UNITIVE perception on the EARTHLY plane]</i></p> <ul style="list-style-type: none"><i>• iS possible,</i><i>• absolutely possible,</i> <p><i>for anyone willing</i></p> <p><i>to expand</i></p> <p><i>his or her consciousness.</i></p>

***Expansion [i.e., Expansion of consciousness]
is a very simple process of***

questioning

- ***the verity of
your limited ideas,***
- ***the correctness of
what you assume to be
unalterably
thus and so.***

***This [i.e., This questioning of your ideas and assumptions],
in turn,***

can be done

only when you

- ***honestly look at
your most subtle
moods and
reactions***

and

- ***translate them
into***

concise words.

***You then find out
that***

these

- ***reactions and
reflexes,***

these

- ***emotions and
moods,***

are based on

certain assumptions

***you have never questioned,
since***

all

is kept in the dark of

- ***vagueness***

and

- ***easy rationalization.***

16

This [i.e., Because your subtle EMOTIONAL REACTIONS and MOODS are based on UNQUESTIONED ASSUMPTIONS, which are ALL kept in the DARK of VAGUENESS and EASY RATIONALIZATION]

is why

your pathwork [i.e., is why your pathwork, where you become AWARE of your emotional reactions and moods and their CAUSES,]

is of such

immeasurable importance;

for without

*• recognizing the
daily
little*

- dishonesties,*
- self-deceptions, and*
- erroneous assumptions,*

you cannot

• question them

and

• loosen them

*to make room for
a new reality.*

Whenever a

vague disturbance [i.e., Whenever a vague disturbance or disharmony]

is honestly

- examined and*
- verbalized,*

the concept [i.e., the concept, unquestioned assumption, or belief]

on which the disturbance is based

can be

- revealed and*
- questioned.*

This step [i.e., THIS STEP of honestly examining a vague disturbance or disharmony, finding the assumptions, beliefs, or concepts on which it is based, thereby enabling you to QUESTION the VERITY of its BASIS]

widens

*your perception,
enabling you to*

- transcend your
dualism*

and

- perceive
the unitive state.*

This [i.e., This task of honestly examining a vague disturbance or disharmony, finding the assumptions, beliefs, or concepts on which it is based, thereby enabling you to QUESTION the VERITY of its BASIS] has to be done in every area of

- *consciousness,*

in every facet of your

- *existence,*

for it is possible to realize the unitive principle in some areas, while other areas are still deeply submerged in the

- *illusion and*
- *pain*

of dualism.

We shall come back to this a little later.

17

It cannot be emphasized strongly enough that

- *self-liberation,*

or

- *the transition from the*

 - *dualistic*

- *to the*

 - *unitive state,*

cannot come about

by

- *accumulated knowledge and*
- *theoretical understanding,*

by

- *study or*
- *aiming at an outer goal.*

It [i.e., *SELF LIBERATION*,
or the *TRANSITION* from the *DUALISTIC* to the *UNITIVE* state]
cannot come

by

- **wanting to be different,**

by

- **striving to attain a state
that does
not already exist within.**

It [i.e., *SELF LIBERATION*,
or the *TRANSITION* from the *DUALISTIC* to the *UNITIVE* state]
can only come

by

- **being in
the now,**

by

- **discovering that
everything
already exists**
 - **within,**
 - **behind
the levels of**
 - **confusion and**
 - **pain.**

And this state
behind the [i.e., this state *BEHIND* the levels of confusion and pain, *BEHIND* the]

- **acutely,**
- **momentarily
experienced state**

can be

- **liberated and**
- **brought to the surface
only when
the level of**
 - **confusion and**
 - **pain**

[i.e., the level of pain and confusion you are in *NOW*]
is totally understood.

18

*The natural cosmic flow,
existing*

- *within the psyche
of every living being,*
 - *in everything that lives*
 - *around and*
 - *within*
- yourself,
is a*

powerful bubbling life stream,

carrying you

- *automatically and*
 - *naturally*
- toward the state of*

self-realization

*where there is no longer
any*

- *opposition and*
- *painful conflict.*

*This [i.e., This state of SELF-REALIZATION where there is
neither opposition nor painful conflict]
is the*

natural state,

*so you have
nature
on your side.*

*By entrusting yourself
to the life stream,
by allowing yourself
to perceive it [i.e., to perceive the life stream],*

*you will
facilitate
the unfolding of
your natural destiny.*

19

*Unfortunately,
people struggle
against*

- their natural destiny,*
- which is so good [i.e., a natural destiny which is SO GOOD].*

*You put all your faith in
a principle of opposition.*

*You invent
ifs and buts
that really do not exist.*

*This [i.e., This OPPOSING and putting ifs and buts in
your NATURAL DESTINY, which is SO GOOD]
is why
you
invite pain;*

*for all pain,
in the last analysis,
is
utterly superfluous.*

*These are
not just words, my friends.*

*Any of you
on this path of
self-realization
who have taken some steps toward
evolving out of your errors
have found these truths.*

*All of you
who work intensely
have had
at least moments
when you have
completely understood
how needlessly
you have opposed
that natural stream
in which there is
no pain.*

*You have understood also
in these moments [i.e., You have UNDERSTOOD ALSO in these moments WHEN
you have completely UNDERSTOOD how NEEDLESSLY you have
OPPOSED that NATURAL STREAM, which is your NATURAL
DESTINY, which is SO GOOD and in which there is NO PAIN]
that*

- truth
never*
 - really hurts,*
- nor does it*
- destroy or*
- endanger
you.*

*But you
constantly
embrace pain,
either by believing it [i.e., by believing PAIN]
• is inevitable,
or by believing that it [i.e., by believing PAIN]
is safer than
the unitive state
toward which
you
naturally
gravitate.*

20

*If you entrust yourself to
the unitive state,
you will find these words to be
utterly true.*

*I realize, of course,
that the mere abstract principle I explain here
can never suffice.*

*Regardless of
how open you are,
no words can
ever, by themselves,
be responsible for
helping you
make the transition.*

***But they [i.e., But my words]
help you
profoundly understand
your
• present position in life;
your
• inner
and
• outer
state.***

***They [i.e., My words]
can help
destroy
• illusions and
• erroneous ideas.***

***You cannot do this [i.e., You CANNOT DESTROY illusions and erroneous ideas from
your DUALISTIC state and begin the TRANSITION to the UNITIVE state]
by
• embracing a
• new,
and perhaps
• more evolved,
• philosophy of life
and
• discarding a
less truthful
• general concept
you have held until now.***

***You can begin [i.e., You can BEGIN the TRANSITION
from the DUALISTIC state to the UNITIVE state]
only
by
• destroying
those
• little personal errors [i.e., wrong beliefs, lower-self aspects, etc.,]
from which
your
daily
• disharmonies and
• disturbances
arise.***

21

*The
most
insignificant
problem
can show you
how you
embrace*

- error and*
- opposition,*
- a no-current,
out of*
- fear and*
- ignorance.*

*It [i.e., The most INSIGNIFICANT problem, disturbance, or disharmony]
can show how you
stop
the natural cosmic movement*

- of which
you are
an integral part*

and

- which is
an integral part of
you.*

*Only by a
very personalized look
at your reactions [i.e., personalized look at
your EMOTIONAL REACTIONS]
to daily occurrences [i.e., to subtle DAILY occurrences,
DISHARMONIES, and DISTURBANCES]
can you make these words
a personally
experienced truth.*

*It [i.e., Making these words a PERSONALLY EXPERIENCED TRUTH]
cannot happen
by paying lip service to
the principle behind them,
even if
you
understand intellectually
what I am saying.*

	<p><i>Intellect will not suffice to bring you to the transition from</i></p> <ul style="list-style-type: none">• <i>dualism</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>unity.</i>
22	<p><i>Growth on the dualistic plane must always be fraught with fear of the undesirable opposite.</i></p> <p><i>Therefore your growth process will be stunted as long as you view your goal of growth as</i></p> <ul style="list-style-type: none">• <i>good [i.e., you view your goal of GROWING, EXPANDING, CREATING, or DEVELOPING as GOOD],</i> <p><i>as opposed to</i></p> <ul style="list-style-type: none">• <i>bad [i.e., as opposed your view that DECLINING, CONTRACTING, DESTROYING, or DYING is BAD].</i> <p><i>On the unitive plane,</i></p> <ul style="list-style-type: none">• <i>growth is not threatened by an opposite [i.e., GROWTH is NOT THREATENED by an OPPOSITE of GROWING, such as DECLINING, CONTRACTING, DESTROYING, or DYING];</i> <p><i>hence</i></p> <ul style="list-style-type: none">• <i>it [i.e., hence, an OPPOSITE of GROWING, such as DECLINING, CONTRACTING, DESTROYING, or DYING,]</i> <p><i>need not be</i></p> <ul style="list-style-type: none">• <i>feared,</i> <p><i>nor</i></p> <ul style="list-style-type: none">• <i>opposed.</i>

But
growth
cannot come by
opposing
the opposition [i.e., GROWTH CANNOT come by OPPOSING the DECLINING, CONTRACTING, DESTROYING, or DYING];

it [i.e., GROWTH]
comes
only when
the feared opposite [i.e., when the FEARED opposite to growing, such as FEAR of DECLINING, DECAYING or DYING]
can be

- envisaged

and

- accepted

if need be.

When you
no longer

- fear one opposite [i.e., no longer FEAR: DECLINING, CONTRACTING, DESTROYING, or DYING],

no longer

- cling fearfully to the other [i.e., no longer CLING FEARFULLY to GROWING, EXPANDING, CREATING, or DEVELOPING],

then,
and only then,
can you reach
the unitive state.

But you cannot do so [i.e., you cannot reach the UNITIVE state]
as long as
fear is in your heart.

23

The process of growing
in the unitive state
means
forever
increasing

- unfolding

and

- expansion.

*It [i.e., The process of GROWING in the UNITIVE state]
means a
widening
experience
of the
infinite possibilities of*

- beauty,
- life, and
- goodness.

But remember,

- beauty
is not the opposite of
 - ugliness;
- life
is not the opposite of
 - death;
- good
is not the opposite of
 - bad,

*because in the unitive state
they [i.e., in the unitive state beauty, life, and good]
are never threatened by
an opposite [i.e., are never threatened by
ugliness, death, or bad].*

24

*The two ways of growing –

on the

• dualistic

and
on the

• unitive

plane –

are entirely different.*

Dualistic growth
is a cyclic movement,
with

- an upward curve,***
- a peak,***

and

- a downward curve***
that perpetually
recycles itself,
always expressing
two opposites.

It [i.e., The state in dualistic growth]
is the state of

- cause***

and

- effect.***

25

Growth
in the unitive state
expands
infinitely.

It [i.e., Growth in the UNITIVE STATE]
never

- repeats***

and
never

- needs an opposing motion.***

It [i.e., Growth in the UNITIVE STATE]

has transcended

the principle of

- cause***

and

- effect.***

	<p><i>When somehow you grasp this [i.e., When you grasp that the principle of CAUSE and EFFECT has been transcended in the UNITIVE STATE], no matter how vaguely, it first appears in your inner feelings –</i></p> <p><i>and this grasp [i.e., and GRASP that the principle of CAUSE and EFFECT has been transcended] comes from facing personal</i></p> <ul style="list-style-type: none"><i>• inner errors and</i><i>• self-deceptions –</i> <p><i>then [i.e., then, after grasping that cause and effect have been transcended,] an entirely new approach to growth takes over.</i></p>
26	<p><i>Along the road of transition from the</i></p> <ul style="list-style-type: none"><i>• dualistic</i> <p><i>to the</i></p> <ul style="list-style-type: none"><i>• unitive state</i> <p><i>it is important to understand a few further landmarks, which might help you to understand your own life right now.</i></p> <p><i>When you are engaged in</i></p> <ul style="list-style-type: none"><i>• intense self-search,</i> <p><i>when you</i></p> <ul style="list-style-type: none"><i>• vigorously confront yourself</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• face truth upon truth, setting up new inner conditions,</i> <p><i>your psyche goes through profound upheavals.</i></p>

*The painful past state,
as you know,
was a result of*

- *false ideas.*

*As these
• false ideas
begin to crumble,*

*the destruction
may bring about
more or less*

drastic outer changes.

When you are

in a transition period,

*it is possible for you
on some levels
to have reached
the beginning of*

the unitive experience.

You feel

- *a deep peace*

and

- *joy*

*in every moment,
regardless of
whether the experience
accords with
the desired good.*

You perceive that

every living moment

contains the potential for

- *joy*

and

- *peace.*

*Being in truth with yourself,
you no longer
fear
anything,
nor do you
• cling and
• tightly insist
that your good
should be given to you.*

*You are then
open for
the divine source to
• fill you
and
• convey
the reality of life
where
• there is nothing to fear
and
• only good exists.*

*You can
• reach for this good
without urgency
and
• obtain it [i.e., and you can OBTAIN this GOOD]
precisely because
you know
it [i.e., you KNOW this GOOD]
is yours.*

*You do
not
fear
missing it [i.e., You do NOT FEAR missing this GOOD]
because
you derive joy from
both opposites of the dualistic state [i.e., you derive JOY
from both the GOOD and the BAD of the DUALISTIC state].*

*This is, briefly,
as well as it can be conveyed at all,
the essence of
the unitive state.*

27

Now this state [i.e., Now this UNITIVE STATE]

can

begin to exist partially,

particularly

in certain areas

of any individual's life.

You have

not yet attained

• the

total

transition,

• the awakening

in which

you find

the truth of life

to have always existed for you

without needing to

• fear

or

• struggle for

anything.

But your

emerging awareness

eventually

brings an

increasing

• unfolding and

• enrichment

into your

outer circumstances

so

• harmoniously and

• organically

that it [i.e., that this increasing unfolding and

enrichment that is brought into

your OUTER CIRCUMSTANCES]

may appear

almost coincidental.

28

The outer improvements

- *may*

or

- *may not*

coincide with

- *ideas and*
- *ideals*

you have held

on the dualistic plane,

but

the way you

- *experience*

these

- *ideas and*
- *ideals*

is entirely different.

In other words,

your

- *goals*

may remain unchanged,

but

your

- *experience of the goals*

will be different.

Also,

even when

you have not reached a goal,

you will

not suffer

as you did

when you

perceived reality

dualistically.

The growth into

the unitive state

definitely manifests in

increasing trust

in

- *the self,*

in

- *life.*

Growth
also brings with it
a peaceful joyousness
that makes
every moment

- vibrant,
- interesting,

and

- totally free from
- anxiety or
- boredom.

Each moment

- is rich in possibilities,

and

- harbors widening vistas of perception never before experienced.

29

At the same time
you continue
to react

- in the old way,
- with
- fear,
- distrust,
- anxiety,
- despair, and
- tight self-will,

usually in the areas
where your psyche is afflicted
by

- images,

by

- neurotic behavior patterns, and
- misconceptions

so deeply engraved
that you require more

- extended and
- patient

work
to change your inner picture.

*This other side [i.e., This other side, the DUALISTIC SIDE
where you continue to react in the OLD WAY, with FEAR,
DISTRUST, ANXIETY, DESPAIR, and tight SELF-WILL]*

*very gradually
catches up, as it were,
with the side
that is
already*

- *very close to*

*and
already*

- *partly in
a new land
where*
 - *light*
is never threatened by
 - *darkness.*

30

*You have constructed
the old state
on a foundation of*

- *errors,*

*and this foundation
must first crumble*

before a foundation of

- *truthful concepts*

can be erected.

*Structures built on
erroneous concepts
must inevitably be destroyed.*

*This law [i.e., This law that structures built on ERRONEOUS concepts
must be DESTROYED]*

*points up
the falsity of dualism,
whose earmark is
always that*

- one position is*
- flatly and*
- unchangeably
perceived as*
- desirable*

and

- its opposite
as*
- undesirable.*

*Thus you
cling to the idea
that*

- construction
is always*
- good,*

while

- destruction
is always*
- bad.*

*The unification of these two opposites
can come
only
in the unitive state
as both sides are
reconciled.*

*To understand
the unitive state
you must recognize
that*

- destruction of error
can be*
- desirable,*

and

- construction of error
is*
- undesirable.*

31

Now,
• *destruction*

is always

• *a painful*
process,

whether or not
it is
desirable.

While
the edifices of error
are being destroyed
your life
may be upset.

You feel
inwardly
• *threatened*
and
• *at a loss.*

Outwardly,
even the
apparently desirable
aspects of
your existence
have disappeared
and
no adequate structure
has taken their place.

The bigger
the erroneous constructs are,
the greater
the period of
upheaval,
which is naturally
painful.

But, my friends,
it [i.e., BUT the upheaval and destruction of erroneous constructs]
is painful
only because you
• misunderstand what is happening
and
• assume it to mean
• relapse
and
• your personal inadequacy.

Thus you
• become discouraged,
• fall into despair
and
• stem against the flow
that could carry you into
a new state of mind.

This state, however [i.e., This NEW state, however],
can come about
only through

the destruction of
the old state.

Stemming against the
• organic and
• desirable
movement [i.e., STEMMING AGAINST the organic and
DESIRABLE movement of the DESTRUCTION of the OLD state],

you
prolong
the
• painful,
• transitional
Period [i.e., the painful transitional period of
the destruction of the old state] –

painful primarily because
it is misunderstood.

*[You are in PAIN because you misunderstand
the DESTRUCTION of the OLD structures,
structures that are based on DUALISTIC thinking.]*

*[In your pain]
You feel,*

*"Here I am,
trying so hard,
yet
look what happens
in spite of it all!*

*Everything seems to run like sand
between my fingers;*

*I not only
fail
to find fulfillment,
but even
the pleasures I had
are gone."*

32

*When you understand
that*

- crumbling of the old structure
is desirable
because*

*the old way
only
appeared
to give you satisfaction,*

*then you will
not cry over something
that is actually
no loss at all.*

*Nor will you be misled into believing
that you have
not progressed.*

This state [i.e., This state of PAIN you are in because you misunderstand the destruction of the OLD structures, which are based on DUALISTIC thinking,] may be the best possible proof that, to a greater extent than you know, you are evolving into a new reality, but you still block it out [i.e., you block out the evolution into a NEW REALITY] because you ferociously refuse to allow your intuition to tell you where the cosmic life stream is carrying you.

Instead, you continue to evaluate your life in limited dualistic terms – ignoring the new direction.

33

You have come to

- *see*

and

- *deeply sense*

that what happens is

- *not a relapse,*

but rather

- *destruction of the old, a process that actually is the very germ of a new construction.*

*You begin to sense
that
in the act of*

- *destroying error,*
- *truth*
- *reconciles*
 - *construction*

with

- *destruction*

and

- *makes them*
one movement,
instead of
two warring opposites.

*Hence you will
no longer*

- *be discouraged,*

nor will you

- *particularly suffer*
when you do
not expect
that your life
should be different,
for you will know
that
all
is as it
 - *should,*

even

- *must,*
be!

For
the actual

- *loss or*
- *absence*
of a desired good
hurts much less
when one does
not see this
 - *"loss" or*
 - *absence*
as a negative sign.

***But when one believes
that***

***"If I were where I
should be,
things would
not happen
this way,"***

***the loss
is much more painful.***

***When, instead,
you see***

***this transition period [i.e., this transitional PAINFUL period of destruction]
as an organic step
toward
wholeness,***

***you will
find the pain
much easier to go through.***

34

***This should
not be misconstrued to mean
that
you
should not seek
an intelligent solution
to a particular problem.***

But when
• *you find all the doors closed*
and
• *life seems to show you*
 quite clearly,
 from
 • *within yourself*
 as well as
 from
 • *the outside,*
 that you cannot find a solution,
then
 you may rest assured
 that old structures,
 based on
 the error of dualistic perception,
 are crumbling.
When you
 encourage this
 in your understanding,
you will
 • *go with*
 the stream
instead of
 • *opposing*
 it.

35

Now there is one more aspect of this topic [i.e., this topic of the PROCESS and SIGNIFICANCE of GROWING from the DUALISTIC to the UNITIVE state] that I would like to discuss.

But since it [i.e., But since this aspect of the PROCESS of GROWING from the DUALISTIC to the UNITIVE state] is difficult to explain, it requires your cooperation from your most intuitive being.

And you must trust your intellect to avoid [i.e., you must trust that your intellect will help you avoid] the typical dualistic confusion [i.e., dualistic confusion about GROWTH].

36

*The unitive state can be reached
principally by two roads,
both
opposites of [i.e., both the "GOOD" and the "BAD" opposites of]
the dualistic state.*

*It [i.e., The unitive state]
can be reached*

- *on*

and

- *through*
- *the "good" side [i.e., the "GOOD" side of the DUALISTIC state]*

as well as

- *on*

and

- *through*
- *the "bad" side [i.e., the "BAD" side of the DUALISTIC state].*

*When you are in a relative state of
inner*

- *health and*
- *truth,*

where you

- *are already somewhat*
- *free from fear*

and

- *possess*
- *confidence*

and a

- *genuine sense of
the benign nature of the universe,*

you can

- *find*

within yourself

absolute

- *health and*
- *truth*

and

- *become free of [i.e., and become ABSOLUTELY FREE from]*
- *fear and*
- *distrust.*

*You quietly
know
the*

- *truth of life,*

that

- *all good is yours,*

that

- *the universe contains all good,*

that there is an

- *abundance*
free from conflict;

in other words,
that

- *your good*
never interferes with
 - *anyone else's good.*

- *Your good*
does not bring
 - *any bad for anyone.*

*When you have
reached this state [i.e., When you have REACHED this state of EXPERIENCING
the WORLD and LIFE where you KNOW the truth of life, where you KNOW
that all is yours, that the universe contains all good, that there is abundance
free from conflict, that your good never interferes with anyone else's good
and that your good does not bring any bad for anyone],*
*then
you can find*

the unitive principle

deep within yourself.

*This [i.e., This EXPERIENCE of finding
the UNITIVE principle DEEP WITHIN yourself]*
happens
without

- *fear,*

without

- *opposition,*

and
without

- *guilt.*

*It [i.e., Finding the UNITIVE principle DEEP WITHIN yourself]
happens
because you feel

deeply deserving.*

*You will know that
no one is deprived by
your fulfillment,
nor will you
fear
lack of
fulfillment.*

*You will know that
infinite good exists,
with no conflicts
between
• you
and
• others –
hence unity.*

37

*[Conversely,]
Where the psyche is still
deeply afflicted with
• doubt,
• fear,
• guilt,
• conflict, and
• error,
this road [i.e., this road to the UNITIVE STATE which is on and
through the “GOOD” side of the DUALISTIC state]
cannot be taken.*

If it [i.e., *If this road to the UNITIVE STATE which is on and through the “GOOD” side of the DUALISTIC “GOOD or BAD” opposites]*

is nevertheless attempted [i.e., *is nevertheless attempted even though the psyche is deeply afflicted with DOUBT, FEAR, GUILT, CONFLICT, and ERROR]*

under a misunderstanding [i.e., *under a misunderstanding that this road on and through the DUALISTIC “GOOD” side can nevertheless be taken],*

it [i.e., *this ATTEMPT to reach the UNITIVE STATE on and through the DUALISTIC “GOOD” side of the DUALISTIC “GOOD or BAD” opposites]*

becomes

***an artificial manipulative act
that can lead
only to***

self-deception.

It [i.e., *The attempt to reach the UNITIVE STATE]*

***is attempted
not in***

• the unitive knowledge,

but out of

***• the dualistic fear
that***

***nonfulfillment
is***

dangerous [i.e., *FEAR that nonfulfillment is DANGEROUS since the attempt to reach the unitive state is on and through the “BAD” road of the DUALISTIC opposites].*

And this fundamental error [i.e., *this fundamental ERROR in attempting to reach the UNITIVE STATE out of the DUALISTIC FEAR that NONFULFILLMENT in this attempt to reach the UNITIVE STATE is DANGEROUS]*

***barricades
the door to transition into***

***the wide open world of
the unitive state.***

38

When you

- *are still in a state of*
 - *untruth and*
 - *distortion*

and therefore [i.e., and when you therefore]

- *fear and*
- *distrust*

- *yourself and*
- *the world,*

you can transcend this state [i.e., you can TRANSCEND this DUALISTIC state on and through the BAD side where you fear and distrust yourself and the world]

only

by

- *accepting what you fear, if need be;*

by

- *not running away from yourself.*

Since

the unitive state

is free of opposition,

you must stop

opposing

what you fear.

But this [i.e., But this step of NOT OPPOSING what you FEAR] should

not be done

in a spirit of

masochistic self-denial.

It [i.e., This step of NOT OPPOSING what you FEAR]

should be done

with the open question

whether

what you fear

is truly fearsome.

In other words,

you must

question the

- *concept that*

- *causes*

- *the fear of the alternative*

instead of opposing

- *the alternative itself.*

39

This [i.e., This QUESTIONING the CONCEPT (misperception, image, etc.) that CAUSES the FEAR of the “negative” alternative (nonfulfillment) rather than OPPOSING the “negative” ALTERNATIVE (NONFULFILLMENT) itself] is directly connected with
relinquishing
what one
insists upon [i.e., relinquishing the “GOOD” alternative in the DUALISTIC “GOOD versus BAD” opposite alternatives]
to the extent
one fears
that
the desired alternative [i.e., to the extent that one FEARS that the “GOOD” alternative in the dualistic “GOOD or BAD” opposite alternatives]
will
not
occur.

I have
• discussed
many facets
of this relinquishing and
• showed you again
and again
how
inner
• peace and
• harmony
cannot be reached
when the soul
is in a
• tight
• cramped
state.

Letting go [i.e., Letting go of the soul’s TIGHT CRAMPED state]
induces
relaxation,
without which
contact with
• the divine inner self
or
• ultimate reality
is
impossible.

Letting go [i.e., Letting go of the soul's TIGHT CRAMPED state]
does

not mean

- **self-defeating,**
- **sacrificial**
self-deprivation.

It [i.e., Letting go of the soul's TIGHT CRAMPED state]
means merely that

wherever you recognize
a point of

- **fear and**
- **hopelessness,**

you must

relinquish

the concept [i.e., concept, belief, image, or other cause]
underlying this fear;

you must

relinquish

your tight grip on
certain attitudes

that are

- **obviously destructive**

but

- **"protect" you from danger.**

This makes it [i.e., This makes RELINQUISHING your tight grip on certain attitudes]
appear as though

you exposed yourself
to what you consider

most

undesirable.

Now, this chance [i.e., this chance of exposing yourself to
what you consider MOST UNDESIRABLE]

must be taken

in order to find out

that the whole idea [i.e., the whole idea you considered UNDESIRABLE]
was an illusion;

otherwise,

you cannot come out of
your perpetual state of

- **fear and**
- **conflict.**

40

*Let us take for example
a particular fulfillment
that you greatly desire.*

*You have done
everything possible
to attain it,
but
the door
remains closed.*

*You discover
that you are terrified
that you
won't attain the fulfillment,
despite
experiencing
the truth
of the unified principle
in other areas of your life.*

Still,

in this area

you still

- fear and*
- oppose*

the undesirable alternative.

*Even when you
try to superimpose
the truth
that the universe
knows no limitations –
or just because you do so [i.e., or just BECAUSE
you DO SUPERIMPOSE the truth that the
universe knows NO LIMITATIONS],
[thereby]
covering up your fear –
the fulfillment
remains
elusive.*

The only way you can transcend this state [i.e., transcend this state where you FEAR and OPPOSE the undesirable alternative of NOT FULFILLING what you greatly DESIRE] is by temporarily accepting it [i.e., TEMPORARILY ACCEPTING UNFULFILLMENT], knowing that it [i.e., KNOWING that UNFULFILLMENT] is not final.

This means that you not only accept

- *the limitations of the outer situation,*

but

- *your own limited state at this time.*

When you give up your opposition to your present undesirable state,

- *you can find the truth,*

and

- *it will be possible to conciliate two apparent opposites [i.e., CONCILIATE the two apparent opposites of FULFILLMENT and UNFULFILLMENT].*

41

The state of unity is a fearless state, but fear cannot be relinquished by insisting that what one fears stay away.

*For even if you succeed [i.e., For even if you succeed in keeping away what you fear]
temporarily,
you remain
perpetually
dependent on
certain circumstances –
hence
fear
can never be quite absent.*

*The only way to
genuinely
free oneself from fear
is to*

- *taste and*
- *discover*
*that it [i.e., taste WHAT one FEARS and discover that it]
holds
no terror,
that it [i.e., discover that WHAT one FEARS]
• can be coped with,
that one [i.e., discover that one, in EXPERIENCING
what one FEARS,]
• remains essentially intact.*

*No theory
can bring about
this safe state.*

*Only one inner act
can do this:*

- *testing it [i.e., testing WHAT one FEARS],*
- *going into it [i.e., going into WHAT one FEARS],*
- *relinquishing
the insistence
that it [i.e., RELINQUISHING the insistence that WHAT one FEARS]
needs to be
• feared
and therefore
• avoided.*

42	<p><i>When you embrace one alternative and say,</i></p> <p><i>"I must have • this in order not to have • that,"</i></p> <p><i>it keeps you from the transition into the fearless unitive state.</i></p> <p><i>You keep stemming against the flow of the universal stream that • wants to carry you, but • can do so only when your psychic movements are relaxed.</i></p>
43	<p><i>To remember that an untruth must exist somewhere in you whenever you find yourself in an • undesirable • inner and/or • outer state</i></p> <p><i>will help you • search for and • abandon the untruth.</i></p>

You will then [i.e., *When you remember that an UNTRUTH must exist somewhere in you whenever you experience an inner and/or outer UNDESIRABLE state, and begin to SEARCH FOR and ABANDON the UNTRUTH, you will then*]
inevitably find

that,

on a deeper level,

you

- ***oppose***

what you

consciously

- ***cling to***

and

- ***embrace***

what you

consciously

- ***oppose.***

This opposition [i.e., *This OPPOSITION on a DEEPER level to what you CONSCIOUSLY CLING TO and DESIRE*]

must exist

whenever

- ***fear of one alternative***

prevents you

from being in

- ***peace and***

- ***joy.***

44

*For instance,
when you*
• *fear*
 death –
 and it makes no difference
 whether this [i.e., whether this FEAR of DEATH]
 is conscious
 or
 whether it [i.e., or whether this FEAR of DEATH]
 manifests only indirectly –
and
• *tensely hold on to*
 life [i.e., tensely hold on to LIFE, which you DESIRE],
• *pushing away and*
• *opposing*
 death [i.e., opposing DEATH, which you want to AVOID],
you cannot come to
 the unitive principle
 unless you discover
 your particular untruth.

With this untruth [i.e., With this previously UNCONSCIOUS untruth]
you
• *oppose*
 life
and
• *secretly wish for*
 death.

Only when you
 find the untruth [i.e., FIND the UNCONSCIOUS untruth CAUSING you to
 OPPOSE LIFE and secretly WISH for DEATH]
 can you relinquish
 the fear of death.

This [i.e., This RELINQUISHING of your FEAR of DEATH],
of course,
does
 not mean
 that you should
 want to die.

45

- **To find**
these deep levels [i.e., To FIND these DEEP LEVELS where you OPPOSE what you CONSCIOUSLY DESIRE and EMBRACE what you CONSCIOUSLY OPPOSE]
which make
 - **relinquishing** [i.e., which make RELINQUISHING
your FEAR of DEATH]**a natural act,**

and

- **to perceive**
unitive truth
through
repeated insights
into oneself

is, of course,
impossible
without help.

It [i.e., FINDING these DEEP LEVELS where you OPPOSE what you CONSCIOUSLY DESIRE and EMBRACE what you CONSCIOUSLY OPPOSE, AND PERCEIVING UNITIVE TRUTH through these repeated INSIGHTS into ONESELF]

can be done
rather easily
in the framework of
what this path has to offer you –
all its tools
help you in different ways.

But you can

let go [i.e., But you can LET GO of OPPOSING what you consciously DESIRE]
only when
you totally want to [i.e., TOTALLY WANT to let go of OPPOSING
what you consciously DESIRE].

Every one of you, my friends,
is still filled with
oppositions
of one sort or another.

- **Becoming aware of them** [i.e., Becoming aware of your UNCONSCIOUS OPPOSITIONS to what you CONSCIOUSLY DESIRE],
- **verbalizing them** [i.e., verbalizing your OPPOSITIONS to what you DESIRE],
is the first step.

46

*Again,
I hope I will
not be misunderstood
and my words interpreted to mean
that you should
embrace [i.e., that you should EMBRACE things that you
consciously OPPOSE, such as]*

- *injustice and*
 - *destructiveness*
- around you
without a responsible attempt
to eliminate them.*

*I am
not talking about
outer levels,
for,
like destruction,
opposition, too,
• can be part of a
whole
and
• can thus lead to unity.*

*Never must
any concept
be flatly
• accepted
or
• refuted
as such.*

*The opposition I am talking about
refers
to a state of
• mind
and
• emotions,
to aspects of
• life
and
• the self
that cannot be changed
at this moment.*

	<p>When you find</p> <ul style="list-style-type: none">• where <p>and</p> <ul style="list-style-type: none">• how <p>you</p> <ul style="list-style-type: none">• oppose something [i.e., how you OPPOSE something, like death, pain, depression, failure, and unfulfillment] <p>because you</p> <ul style="list-style-type: none">• tightly cling to its opposite [i.e., because you tightly CLING to its opposite, like life, pleasure, joyfulness, success, and fulfillment], <p>you will again be making a substantial step toward growth into the unitive principle.</p>
47	<p>I extend the</p> <ul style="list-style-type: none">• deep and• vigorous <p>wish [i.e., the DEEP and VIGOROUS WISH for your GROWTH into the UNITIVE PRINCIPLE],</p> <p>coming from the deepest regions of</p> <ul style="list-style-type: none">• universal consciousness, or• reality, <p>to reach each and every one of you.</p> <p>It [i.e., The DEEP and VIGOROUS WISH for your GROWTH into the UNITIVE PRINCIPLE, a WISH coming to you from the DEEPEST REGIONS of UNIVERSAL CONSCIOUSNESS]</p> <p>will touch you if you</p> <ul style="list-style-type: none">• open yourself to this force [i.e., IF you OPEN yourself to this FORCE for your GROWTH into the UNITIVE PRINCIPLE, a FORCE coming to you from the DEEPEST REGIONS of UNIVERSAL CONSCIOUSNESS] <p>and</p> <ul style="list-style-type: none">• unite with it [i.e., and if you UNITE with this FORCE].

	<p><i>When you</i> <i>unite with this force within you</i> [i.e., <i>When you UNITE with this FORCE WITHIN YOU, this FORCE for your GROWTH into the UNITIVE PRINCIPLE, a FORCE coming to you from the DEEPEST REGIONS of UNIVERSAL CONSCIOUSNESS</i>],</p> <p><i>you will</i> • <i>not want to</i> <i>oppose truth in any form,</i></p> <p><i>and</i> <i>you will</i> • <i>want to</i> <i>pursue</i> <i>your inner truth.</i></p> <p><i>You will begin to</i> <i>feel</i> <i>the effects of this power</i> [i.e., <i>begin to FEEL the EFFECTS of this POWER for your GROWTH into the UNITIVE PRINCIPLE</i>] <i>only later,</i> <i>but it is nevertheless</i> [i.e., <i>but this POWER for your GROWTH is nevertheless</i>] • <i>very real,</i> • <i>constantly flowing</i> <i>deep within you.</i></p>
48	<p><i>Be in</i> • <i>peace,</i> <i>be in</i> • <i>that deep region of yourself</i> <i>where all is</i> <i>one.</i></p>

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.